



# THE SENTINEL

*"One Team...One Voice"*

A SEMI-MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

**MAY 16-29, 2004**

## Metro Detroit Military Volunteers Feted for Service

by Angela Kelly  
Selfridge Community Service

Selfridge showed out in force on April 22 to recognize the many contributions made by over 500 volunteers who served throughout the Metro-Detroit military community. Our celebration was part of annual National Volunteer Week designated by Congress held during the week of April 27 through May 3. This week was set aside as the nation's way (and hence, the Selfridge community's way) of saying 'thank you' to the myriad of volunteers who give unselfishly of themselves so that our community may be better able to service the needs of military service members (active or retired) and their family members.

Members of the U.S. Army Garrison-Michigan staff, headed up by Ms. Angela Kelly of the Selfridge Community Service (SCS), coordinated the recognition ceremony which was held at Vandenberg Hall. Volunteers recognized included individuals, both with and without a military family connection, who served

any of the eleven organizations for which they volunteered between March 1, 2003 and February 29, 2004. These activities range from youth-oriented events to religious clubs, from family readiness programs to gift wrapping, only to name a few. Almost 50 of the 500 plus volunteers recognized served multiple organizations in the community. Without all of these volunteers, the Selfridge community could not run the vast array of activities, clubs, and support groups that are available to meet the diverse, multi-service community in which we live.

Volunteers who attended the ceremony were treated to a buffet dinner (prepared by Mulligan's) and then received a variety of different awards commensurate with the amount of time volunteered in the community. Community volunteers received an acrylic statuette. In addition, volunteers with 50-149 hours received a volunteer theme pin, and those with 150 hours or more received a volunteer theme

ink pen. Selfridge Community Service volunteers were recognized by receiving a U.S. Army Garrison-Michigan (Selfridge) Certificate of Appreciation. Volunteers unable to attend the ceremony will receive their awards from their respective supervisors or through the mail.

**(Article continues on page 5)**



### Volunteers Make a Difference

Volunteers Nikki Simon and her grandmother Marion, pictured here with Deonte Porter, 6, and Tyler Wiedemann, 8, are helping to make the Selfridge community a prettier place. They are decorating wheelbarrows and flower pots with hand and foot prints, which were painted to look like flowers. Chris Stein, Eva Samulski, Peter Doe, and Anna Samulski donated their time and efforts to make the wooden wheel barrels and flower pots that were placed around base in honor of Earth Day.

Join us this Father's Day as Wolverine Harley-Davidson and  
U.S. Army Garrison-Michigan present the 2nd Annual

## Ride for Freedom...Support Our Troops

Sunday, June 20, 2004

Start the morning with a continental breakfast at Wolverine Harley-Davidson at 8 a.m. At 11:30, depart on a police-escorted, scenic, 60-mile ride through Macomb County, ending at the Detroit Tank Arsenal in Warren, to enjoy cold beverages, great food, and live music. To obtain a registration form or for more information, please call (586) 307-5432.

We are also in need of volunteers to assist before, during, and after the ride. To volunteer, please call (586) 307-5432 or 5125.

*All proceeds will benefit the quality of life and well-being  
of the Selfridge Joint Military Community.*

# News from the Selfridge Fitness Center

by Sonja Deas

## Selfridge Fitness Center

### Health & Fitness Fair

The Health & Fitness Fair will be held on Wednesday, May 26, from 11 a.m. until 4 p.m. in the PX/BX Lobby area. The Health & Fitness Fair will cover several topics on how to eat right, exercise and the measure and precaution of how to detect diseases like diabetes, breast cancer and prostate cancer. The fair will also cover healthy eating, dental care for healthy teeth and gums, CPR & First Aid, aerobic exercises, and the newest trend, Pilates. In addition, we will feature massages to relax your body and ease the tensions and stress of everyday life. The Health Clinic will be on-site to give you information on different health topics and administer a blood pressure check.

### Open Swim Season

The Open Swim season will run from May 28 through September 6. During the first two weeks in June, the Top 4 Pool will be open on weekdays from 4 until 8 p.m. and on weekends from 12 Noon until 8 p.m. Starting June 12, the pool will be open from 12 Noon until 8 p.m., seven days a week, unless otherwise posted. These hours will apply to the Top 4 Pool only, and the only times it will close are during periods of severe weather or special events, and when children are still in school.

## Chapel Invites Children to Lava Lava Island: Where Jesus' Love Flows

by Michelle McClenaghan

### Selfridge Chapel

Vacation Bible School is being held at the Selfridge Chapel June 21-25, 9 a.m.-12 Noon. The Lava Lava Island program will provide fun, memorable Bible-learning activities for kids pre-school through the fifth grade.

Each day kids will sing catchy songs, play team-work building games, nibble tropical treats, take on a daily challenge - an exciting way to live out what they've

### Swim Lesson Registration

Swim lesson registration is currently underway. There will be three sessions of swim lessons see the list of registration class dates below. Come pick up your Welcome 2004 Swim Season Booklet.

There will be three two-week swim sessions. Classes are held Monday through Friday. The cost for each class is \$15 per person. Registration will be conducted at the Fitness Center. Class dates and times are subject to change. For further information, call (586) 307-5053. The following are registration dates and sessions. Please bring ID card for registration purposes.

<b>REGISTRATION</b>	<b>SESSION</b>	<b>CUT-OFF DATE (for refund)</b>
May 18 – June 11*	June 21 – July 2	11 June
June 15 – July 3*	July 12 – July 23	03 July
July 6 – July 20*	July 26 – August 6	23 July

\*Patrons may register for swim classes up until the first day of class, permitting the class is not full (6 participants), but classes not containing the minimum number of students (4) by the registration deadlines stated above may be subject to a rescheduled time. Patrons registered by the registration date above will be notified by telephone if their class times have changed at least 48 hours in advance of the first day of class. Patrons registering after the designated dates above are subject to a possible change in the swim lesson schedule other than the ones listed in this booklet.

## Learn Five Languages in One Hour!

The Employee Assistance Center will host a lunch and learn for enhancing communication skills, based on the book *The Five Love Languages* by Gary Chapman.

Learn how people express themselves and why we often think we're speaking Greek to our spouse or children.

### Simple Solutions for Daily Living

June 2, Noon to 1 p.m.

Bldg. 780, Room 104

Reserve a seat by calling 586-307-5211 by May 30 or e-mail [samulska@tacom.army.mil](mailto:samulska@tacom.army.mil)

## Metro Detroit Military Volunteers Feted for Service

(Article continued from page 1)

The United States Army Tank-automotive and Armaments Command, Northwest Regional Office of the Installation Management Agency, U.S. Army Garrison-Michigan (Selfridge), its tenant organizations, and all Selfridge activities extend their sincerest appreciation to all our volunteers. Without them, this community would not be nearly as successful or fulfilling an assignment as it is.

For more information about volunteer opportunities or the ceremony, contact the Installation Volunteer Coordinator at (586) 307-5291.

learned, experience electrifying Bible adventures, and collect Bible Memory Buddies to remind them of God's word. The children will also participate in collecting school supplies for an outreach mission project.

Call the chapel (307-4020) to register your child for this awesome Bible learning adventure. **Registration begins May 24 and ends June 7.**

## Upcoming MWR Events

### Tuesday, May 18

**Parent Advisory Council Meeting** - Staff Lounge in Bldg 780, 6:30 - 7:30 p.m., *FREE*. Call 468-5619 or 307-2008 for more information.

### Wednesday, May 19

**Armed Forces Team Building Level II "Listening Skills"** - Bldg 780, Room 104, 11 a.m. - 1 p.m. Childcare is available with pre-registration. Call 307-5903 for more information.

### Friday, May 21 - Sunday, May 23

**Club Beyond Retreat** - "Rock the Coast" in Muskegon. A weekend of music, roller coasters, amusement rides, the beach, and more! Call 307-4193 for details.

### Saturday, May 22

**Youth Sports Rollerskating Trip** - 1 - 4 p.m., to Great Skate, \$4 per person, ages 7-12. Call 307-5530 for more information.

### Monday, May 24 through Monday, June 7

**Vacation Bible School Registration** - Vacation Bible School is scheduled for June 21-26 from 9 a.m. until Noon. Please see the article on page 5 for details.

### Monday, May 24

**Clubs Beyond & JV Joint Event** - 7:07 p.m., Selfridge Chapel. Call 307-4193 for more information.

### Wednesday, May 26

**Health & Fitness Fair** - Main Exchange Lobby, 11 a.m.-4 p.m. Call 307-5053 for more information.

**Asian-Pacific Observance Luncheon** - Vandenberg Conference Center, 11:30 a.m.-1 p.m. Call 307-5599 for more information or to purchase a ticket.

### Thursday, May 27

**Clubs Beyond & JV Event** - "CJ Barrymore's Blowout!" Call 307-4193 for more information.

### Ongoing

**Veterinary Clinic Hours** - Every Tuesday, 5-8 p.m., and Thursday, 9 a.m.-12 Noon. Call 307-5246 for appointment.

**Thrift Shop** - The Thrift Shop is open on Tuesdays, Thursdays and the first Saturday of the month, 9 a.m.-3 p.m. Call 307-4405 for information.

**LifeMAP Class** - Every Tuesday, 4-5:30 p.m., Bldg. 780 Room 102. Call 307-5211 for information.

**Chapel Services** - **Club Beyond** program for high school students **every Thursday** night at the chapel, **Club JV** program for junior high students **every Monday** night at the chapel, **Protestant Women of the Chapel** **every Thursday**, 9:30-11:30 a.m., **Men's Bible Study** **every Friday**, 6:30-8 a.m. Call 307-4020 for more information.

**Multi-Craft Classes** - **Ceramic and Porcelain Doll Classes** - Tuesdays and Thursday from 6-9 p.m. **Stained Glass Classes** - Every Monday from 6-8 p.m. Both classes are in the Multi-craft Center, Bldg. 780. Cost for the class is determined by the project chosen. Call 307-6848 for more information.

**Youth Sports Clubs** - Youth ages 8-12 can participate in the **Jr. Sports Club** every third Thursday of the month in the Bldg. 780 Gym, beginning at 6:15 p.m. If your child/ren are ages 13-17 they can go to their monthly **Sports Club** meeting the third Thursday of every month at the same place. Call 307-5530 for more information.

**Items available at Outdoor Recreation** - Summer bait sales, theme park tickets, boat and equipment rentals, Top 4 Picnic Area reservations, boater safety certification, privately-owned boat launch, and Five Flags Campground facilities. For more information on any of these programs, please call 307-5499.



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# MWR Travel Partner Offers Low Rates to Military Personnel

U.S. Army Community & Family Support  
Center News Release

ALEXANDRIA, VA. - Is your long-delayed leave now becoming a reality? Ready for some much-deserved time off? The Government and Armed Forces Travel Cooperative can help you plan that special vacation at its website, *GovArm.com*.

Created by military veterans with travel expertise, the site offers resort condominium vacations, cruise specials, and even recreational vehicle rentals at special discounts for military personnel, government employees and retirees. And once you're at your destination, there's even a golfer's discount card that can be used at thousands of courses all over the United States.

Planning your vacation is simple at *GovArm.com*. Just follow the simple enrollment process and you'll be eligible to book vacations online at the *GovArm.com* website. Although standard hotels are available through the site,

*GovArm.com* visitors often find they can book a resort condominium vacation, many complete with kitchen and laundry facilities, dining areas, and living rooms, for less than a standard hotel room. *GovArm.com* has affiliations with condominium resorts throughout North America and the rest of the world. For more information, visit *GovArm.com*.

## About Govarm.com

Leisure and travel industry professionals with backgrounds in the military and federal government service founded the Government and Armed Forces Travel Cooperative (*GovArm.com*). They noticed that major air carriers and other large travel providers had dedicated personnel and resources to approach the government and military markets for official travel. However, leisure and off-duty travel for the service member and government employee was not given as much attention. Additionally, regional,

seasonal or special travel providers did not have the resources or expertise to address this special market at all.

Making the situation more difficult is the fact that this segment of the leisure travel market, especially the military, is spread throughout the world. This makes traditional marketing approaches costly and time consuming for even the largest travel providers. *GovArm.com* fills this gap by providing a resource for travel providers to address this under-served market. They link travel companies to the government/military market through civilian employee associations, MWR and ITT/ITR offices.

Travel providers pay affiliation and advertising fees to join *GovArm.com*. These fees pay for Web sites, attendance at travel shows, and advertising in military and government publications. MWR provides the distribution system for *GovArm.com* advertising through a contract administered by the Army for the Department of Defense. In return, commissions that would normally go to travel agents are remitted to the traveler's MWR or department recreational funds. These fees support the installation's recreational programs or the recreational support activities of the individual customer.

# Men's Health Week Initiative

by Anna Samulski  
Employee Assistance Center

There is a growing movement among medical communities and men's activists around the globe to establish an international period of awareness for men's health. Men's Health Week was first recognized in the United States. The National Men's Health Week Act was passed by Congress in 1994 and signed into law by President Clinton, becoming Public Law 03-264 on May 31, 1994. Senator Bob Dole sponsored the legislation in the US Senate and Congressman Bill Richardson sponsored it in the US House.

Statistically men live 7 years less than women and face major health risks that can be prevented and treated if diagnosed early. Men's Health Week is celebrated each year as the week leading up to and including Father's Day.

The Employee Assistance Center and the Selfridge Health Clinic will host its

Second Open Forum for Men's Health Week on Wednesday, June 16, from Noon to 1:30 p.m. at the Fire Department, Bldg. 806. Information, brochures and an opportunity to talk to the professionals will be available. Some of the areas of concern are:

- 10 Leading Causes of death for men
- Screening tests available for men and when you should have them
- Prostate Health
- Reproductive Health
- Smoking, Alcohol and Drug Use
- Heart Disease and Stroke
- Cancer
- Diabetes
- Depression & Anxiety

Space is limited. Please reserve a seat by June 10 by calling 586-307-5211 or e-mail [samulska@tacom.army.mil](mailto:samulska@tacom.army.mil). Healthy refreshments will be provided.

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# Child Development Center Receives Accreditation

by Denise Ellis-Goyke  
Child & Youth Services Director

The Bryant Child Development Center has earned accreditation, for the fourth time, from the National Association for the Education of Young Children - the nation's leading organization of early childhood professionals. The center has maintained accreditation since 1992, a noteworthy accomplishment.

"We're proud to be accredited by NAEYC, and recognized for our commitment to reaching the highest professional standards," said Jacqueline A. Uhazie, Center Director. "NAEYC Accreditation lets families in our community know that children in our program are getting the best care and early learning experiences. We recognize each child as an unique individual. We foster in each child a lively zest for learning and a strong positive self concept."

More than 8,000 early childhood programs – serving nearly three-quarters

of a million children – are currently accredited by the NAEYC. "In recent years, we've seen a growing number of child care and preschool programs earning NAEYC Accreditation," said Mark Ginsberg, Ph.D., executive director of NAEYC. "By earning accreditation, Bryant Child Development Center has become a leader in a national effort to raise the quality of early childhood education, and to help give all children a better start."

Responding to the growth of the system, in 1999 the NAEYC Governing Board appointed a National Commission on Accreditation Reinvention to conduct a comprehensive review of NAEYC's Accreditation system. Building on their work, NAEYC is making many changes to prepare the system for the future, and to ensure the integrity and reliability of the process that programs go through to earn NAEYC Accreditation.

NAEYC created its accreditation program in 1985 to set professional standards for early childhood education, and to help families identify high-quality child care and early education programs. To earn NAEYC's accreditation, a program conducts a self-study to determine how well it meets the standards. After necessary improvements are made, the program is observed by independent, professional validators, and then reviewed by a national panel. Programs are accredited by NAEYC for a five year period.

Ms. Uhazie credits the hard work and dedication of the entire staff for their success with the accreditation process. "Without their knowledge of early childhood principles and commitment to young children we could not have achieved continued accreditation." This is a big step in the effort to give all children a better start.

# Child Development Center Receives Accreditation

by Janine Martel  
School Age Services Director

If you're looking for something to keep the kids busy this summer, check out Club Adventure, the summer camp for children in Kindergarten-8th grade. Every week is packed with activities, trips and tons of summer fun and adventure. The regular program includes swimming, bowling, field trips and special events and programs. There are also a number of specialty camps children and youth can sign up for like Fine Arts and Theater, Sports Camp, Science, Amazing Animals and Golf to name a few. Specialty camps are designed to expand the choices and experiences for children and youth and allow them to focus on the things they really like to do without forcing all kids to do the same thing. Selfridge is a 4H affiliate and offers some great project activities too. As a 4H member, youth can join the Technology, Photo, Archery, Fine Arts, or Fishing clubs. Children can participate by enrolling in 4H through

CYS and then signing up for a specific project club.

Life skills, conflict resolution and experiential learning are an important part of our program. Many of our activities encourage children to use math, reading and problem solving skills while still having fun. Science, art, drama, construction and computers are offered daily. Special events and programs add even more excitement to the program. This summer, the Living Science Foundation will make two visits, once with a variety of unusual animals and once with the touch tide pool. Each program includes an educational program about the animals as well as "hands on" learning by touching and holding the animals. We are expanding our fine arts program to include a special summer long program with a visiting artist, drumming and as in the past, theater camp with Missoula Children's Theater.

Every Friday we will go to Metro Beach Park and there will be a variety of field trips offered as part of our regular program and the specialty camps. Some trips will be for everybody but most will be for specific age groups so that we can keep them interesting for all ages.

There are different options for using Club Adventure. If you need full day care, you can sign for an entire week or weeks at a time and fees are on a sliding scale based on income. There are also two and three day programs and hourly. When your child is enrolled in camp, there are no additional costs for meals, snacks or activities. So, register your child with CYS, the cost is only \$15 per child and includes 6 free hours of open recreation a month for school age children and allows them to participate in any CYS event, program, sports activity or class. For more information on getting registered, contact 307-4840.





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**For Sale - 2003 Pontiac Grand Am GT Sedan - 1K miles,** Silver w/ spoiler, 3.4 liter V6, CD/tape stereo, stainless steel dual exhaust, keyless-entry theft-deterrent system, power windows/locks/driver seat, AC, split folding rear seat. \$18,500/OBO. Call (248) 588-7992.

**\*\*\* Sports Writer Needed \*\*\*:** The Sentinel is looking for a volunteer sports writer to cover and photograph league sports and the Commander's Cup Tournaments. The writer will have a regular column in the Sentinel. Call (586) 307-4519 for more information or stop by Bldg. 780 Room 4B.

**For Sale - Nordic Track 303 Ski Machine:** Excellent condition, video and owner's manual included. Great workout in your own home. \$150. Call Janet at (586) 307-5793

  
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